



April 16 thru April 30, 2013

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programs.

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Hartford Street Zen Center is
a 501(c)(3) nonprofit
organization.

Donations are tax-deductible.

Schedule:

Monday - Friday

6:00 am Zazen (seated meditation)

6:40 am Kinhin (walking meditation)

6:50 am Zazen



Public cases from the Vacant Hall

Caoshan's verse (from the Paper-Robed Wayfarer bade farewell, sat down and passed away):

The formless body of complete illumination of the nature of awareness;
Don't use knowledge and views, misconstruing far and near.
If thoughts vary, you're blind to profound essence;
If the mind differs, you're not close to the path.
When feelings discriminate myriad things, they submerge the present situation;
When consciousness perceives many aspect, you lose the original reality.
If you can clearly understand from such sayings,
Clearly you're the man of before. without any concern.

7:20 am Chanting
7:40 am Soji (brief temple cleaning)

6:00 pm Zazen
6:40 pm Chanting

Saturday

6:30 am Zazen
7:10 am Chanting
7:25 am Soji
8:30 am Drop-in instruction
9:25 am Zazen
10:15 am Dharma Talk
11:00 am Refreshments/Social

Hartford Street Zen Center is a Castro neighborhood temple & residential practice center in the Soto Zen tradition of Shunryu Suzuki Roshi established to support the Queer Community.

Tr. -- Thomas Cleary in Time-Less Spring pg 84

Upcoming Events:

NEW! Metta Service & Guided Meditation second and fourth Fridays each month at 6pm - Lead by Rev Myo Lahey

Sewing Abbot's Robe (with Tim Wicks for the Mountain Seat Ceremony, Oct 13th!) - Apr 20, May 4, May 18 @noon

Dharma Talks - [Rev. Myo Lahey](#) Saturdays: April 20, April 27, May 4 @10:15am

Guest Speakers - May 11 - [Rev. Kojun Hull Sensei](#) of Great Vow Monastery: Saturday @10:15am

Full Moon Ceremony - Saturday May 25 @11am (Full Flower Moon by Farmers Almanac)

Buddha's Birthday Celebration - Saturday May 4th (More of a SE Asia date used this year!) @11am

Sangha Council - Spend time with the Sangha discussing any Sangha topics - Sat. May 11 @12:30pm

Founder's Memorial - Issan's Memorial is generally on the 6th of the month, & the memorial for Philip Whalen is generally on the 26th @ 6:40pm

Study Hour The Book of Serenity, we have books to share so feel free to drop in - Thursdays @7:30pm

Next Board of Directors' Meeting - Wed, May 8th @7:30pm (all are welcome to attend & observe)



"Bridge in Japanese Tea Garden at Golden Gate Park 2007"

HIV Meditation Sitting Group

weekly meditation group for those living with HIV, their friends, families, community supporters & anyone who wants to join us!

Thursdays & Fridays

10:30 am zazen

11:00 am socializing

Meditation in Recovery

(Women-only)

monthly meditation group for women in recovery from addiction First Thursdays

7:15 pm - 8:45 pm

Deep Bows to Richard Chiofolo-

"Some people say a man is made outta mud
A poor man's made outta muscle and blood
Muscle and blood and skin and bones
A mind that's a-weak <<not in this case!>> and a back that's strong"

Sixteen Tons - Tennessee Ernie Ford Lyrics

(For those of you who keep up on your Tenshin Reb Anderson Roshi talks, you'll recall this song was sung by Reb during his talk in Green Gulch attended by Richard Baker Roshi for SFZC's 50th anniversary. It is in video format and a delight to watch.)

This issue we wish to make deep bows to the current President of our Board of Directors & work-horse Richard Chiofolo.

There are many reasons why... His long enduring presence at Hartford Street (at least a decade), his pinch hitting Doan work used mostly in evening sittings. His great stories of past on the east coast and in SF including meeting Al in New York City and Al's perseverance in insisting they date despite Richard's solitary desires at the time. That great Boston accent and care we know he gives his family and friends in being there for them; He always just shows up and steadily, reliably shows up! We bow because he has endured a lot of emotional stirring and human and interactions ups and downs of the past years @ HSZC and watched people he enjoyed come and some sadly watched go. To try and put it simply, he's a wonderful, great humored, patient person, a delight to be around filled with great history and insights, while keeping at "it" steady and strong. He holds a great, young spirit and internal motivation getting the right thing done and not getting caught up in what can NOT be done; but above and beyond all else because when there have been many moments to step up and shovel 16 tons to keep our doors open, the machine running for our small temple, he has been tirelessly dedicated. Even in times when he must have felt like throwing in the towel, instead he kept shoveling and steered steady continuing us on course.

Richard has picked up a lot of tasks that many didn't touch due to the nature of the topic & difficulties or because it was undesirable grunt work no one else wanted to do. He's like clockwork when we know it hasn't always been what he or anyone enjoyed or felt like doing that day or that moment. He has not only done as the above song quote says; the strong back work, but opposite of what it says above says, the strong mind work too with a well tempered, patient approach. He has even taken on the task many times as a sounding board to many an unsettled or even angry person, helped us launch a Sangha Council a long term, needed program to help in this area as well. We just simply have had an absolute unmeasurable gem in Richard's presence and his hard dedicated work. He is not just the coal, the shovel, the engineer and the tracks but the steady and strong steam train itself too and we can't imagine a Hartford Street without him. With all our heart and loving thanks, appreciation, amazement and support with love and deep appreciation we:

Thank you Richard!

From the HSZC Garden-

*Bamboo Island & the memorial corner are still accepting donations! To pay back matched donations for professional

Meditation in Recovery

(Men & Women)

weekly meditation group for men & women
in recovery from addiction

Fridays, 7:30 pm - 9 pm

help for the recently trimmed bamboo & build towards a quiet, contemplative place to remember & honor those who passed at HSZC & Maitri... Please give Jen all donations or donate on our website using pay pal & note "for Bamboo/Garden donation"; suggested \$5 -\$20 or any other amount graciously accepted!

Words From Our Residential Practitioners -

We need a good quality Zen roommate! Student or Zen Priest who gets along well with the Resident & Non-Resident Sangha of HSZC & who is ready to dive into this practice. Each person we add to the small temple mix impacts the tone of HSZC, so were looking for a great addition! Visit here to see more detail & PLEASE spread the word to folks we know especially those in the Zen or wider Buddhist Community! Additionally we will have a sublet space available for May through July while one of our resident Sangha students studies at Tassajara for a spell.

We're also interested in short term guests. If you know of folks looking for a place to stay a while and join us for Zazen, Service, Ceremonies and such or even just who likes the idea of a quiet temple stay, please reach out to Rev Myo!

SAFETY ALERT!

In the past month we have had two alarming incidents. The board is discussing safety measures, options & were looking into adding more lights with motion sensors to reduce the ideal darkness for such terrible actions to occur outside our doors. We would also like to urge everyone as the Castro Patrol has in recent years to add a nice & loud whistle to their keychain. Lets also buddy up and walk each other places when we can! Especially when it's dark...

Ascending the Mountain -

The Okesa (Kesa) is at the point of being one full garment of panels attached together. **October 13th of 2013** is the date. Although we have limited seating, standing room, garden searing using all our spaces ,were hoping to leverage technology to be able to show on different areas @ HSZC not in eye shot of the event and we hope broadcast live on the web... **Stay tuned!** Mark your calendars! Again this is a very special Mountain Seat Ceremony at HSZC for us all, occurring for the first time in over a decade! Please, if you have skills in Zen sewing techniques & want to have stitches in the HSZC Okesa, swing by during our sewing Saturdays soon as the Okesa is moving along quickly thanks to Tm Wicks guidance and support.!



From our Practice Leader -

"The future seems to approach, and the past to recede. But as Dogen pointed out, those are all just what he called, "Being Time Or Time Being"... To consider one without the other is an empty exercise. And if we don't have this established practice of actualizing whole body and mind, right now, then the way Dogen talks is going to remain somewhat puzzling at best."

(Dharma talk June 26, 2004 "No Time To Waste", Rev Myo Lahey)

Hartford Street ZC History -

From - [Rev John King Dharma Talk June 19, 2004:](#)

"It's the readiness that's all... And in our practice its, you know we talk over and over again about sudden and gradual, but often times what we are speaking about is, is a turning phrase that's often times used or that helps us understand exactly what *Nansen was talking about. And this often times is realized by uh, as is often times mentioned in the [Fukanzazengi](#) by a shout or a hammer, or mallet, or a needle, or a hossu that's a whisk; um, you know which helps bring us right into this present moment. It's the turning phrase and again in koan study if you really start to appreciating what Suzuki Roshi was talking about; the readiness of mind you begin to have some feelings of koans..."

* [Nansen](#) "Ordinary mind is the way"

Sangha Member Musing -- 30 March 2013 -- Zen Brain

Peter Goetz, MFT (Dharma name: **Micchi**)

In February I participated in Zen Brain at Upaya Zen Center in Santa Fe. The program's been going on for several years now, bringing together neuroscientists, philosophers and Buddhist teachers to think out loud together in the intersection of neuroscience and contemplative spiritual practice. The focus this time was Consciousness: Waking, Sleeping, Dreaming, Dying and what we know of them. As it turns out, a lot is known about waking, some about

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sleeping and dreaming and almost nothing about dying. 4 presenters offered perspectives with roshi Joan Halifax, abbot of Upaya, holding up a zen lens for discussion and inquiry.

Neuroscience focuses on the *contents* of consciousness, those densely interconnected brain structures and processes that integrate cognition with feeling and memory to form our subjective experience. Al Kaszniak (Univ. of Arizona) said that identifying functional brain structures and the actions arising from them largely has come from retrieval information after cognitive injury, that is, what *ceases* function when discrete regions are damaged. What's foreground (conscious) and in the background (unconscious) of our awareness is always shifting; this requires our brains to process and prioritize information in complex ways, delivering it to behavior and keeping us from being bombarded with overwhelm. Given the stimuli of the 21st century, we're pushing these systems hard! Central to Buddhist thought are the ways in which the myriad forms of consciousness become identified with Self, that is, who we are (vs. what we're experiencing). [CLICK HERE for the rest of the article](#)

DIRECTIONS: Located between 17th & 18th Street on Hartford Street, between Castro & Noe St., one block from the Castro MUNI Station, the MUNI 33 & 24 bus as well as the MUNI - F line

Practice Leader, Hartford Street Zen Center (HSZC) --- Reverend Myo Lahey



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May this newsletter find you well & filled with equanimity! _/_/_

